

CAVEMAN DIET

This primitive diet is an excellent screening test for food allergy and is very cost effective. It is simply a diet limited to fresh fruits and vegetables, and boiled or broiled meat, for 2 weeks. The only beverages allowed are fruit juice, vegetable juice and water. Avoid caffeine like coffee, tea and pop. This gets out of the diet the most frequent food offenders, typically corn, egg, wheat, milk, soy and peanut. Also avoid artificial dyes and sweeteners. The immune complexes and food antigens are metabolized and excreted within the 2-week period and if food intolerance is a big part of the patient's problem, symptoms will be significantly better. At least 50% improvement in 2 weeks should be seen before one recommends specific testing.

Table 4-5 Caveman Diet

- I. Eat all you want of:
 - Fresh fruits (frozen, if home prepared, or in plastic bags from grocery store).
 - Fresh vegetables (or as above).
 - Broiled, boiled, or baked meat or fish, but do not eat any meat more than one time per day.
 - Drink pure fruit juice, vegetable juice and water (bottled or filtered is better).

 - II. You may not have any prepared food products (boxed mixes, etc.).
 - You may not have cake, cookies, candy or soft drinks.
 - You may not have any grains or nuts (including rice and soy).
 - You may not have any dairy products – milk, butter, margarine, cheese, yogurt, ice cream, etc.
 - You may not have any fruit, vegetable, or meat to which you have been found allergic.
 - Fruit “drinks” contain corn syrup and are NOT allowed.

 - III. You may have one teaspoon of honey per day.

 - IV. Corn – even though often considered a vegetable – is a grain, and is to be totally eliminated.

 - V. The purpose of this diet is to get the “hidden foods” out of the diet: corn, eggs, wheat, milk, sugar, soy, peanut, as well as chocolate, coffee, etc. These are the foods that people are most likely allergic to.
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